



## Lifestyle Matters Supper Club

After you have a health seminar, it is important to keep newly made friendships alive, help people establish new habits on a long term basis and encourage attendance at future events.

A monthly Supper Club is a nice way to stay connected without overworking your team or demanding too much time from your health seminar participants. The concept of a Supper Club involves a monthly gathering of people who are interested in learning new health concepts and obtaining new information and support for positive Lifestyle changes.

A Supper Club can follow a variety of formats, but usually involve some or all of the following elements:

- Food tasting or light supper
- Cooking demonstration
- Information segment (health talk, video segment, power-point, handouts)
- Interactive discussion on the topic (it doesn't have to be about food)
- Visiting and social interaction
- Sale of materials (cookbooks, bulk foods, health books, inspirational, etc.)

The cookbook series, ***Lifestyle Matters Guilt-free Gourmet***, is designed to assist you in putting together a monthly Supper Club event that is fun, easy and educational. In it you will find the following aids for creating your own supper club:

- Easy, helpful plant-based recipes
- Eight 10-minute talks on a variety of subjects
- Menu planning ideas for breakfast, lunch and supper
- Tips for packing lunches
- How to enjoy more raw food
- Cooked vegetable ideas

- Healthy Holiday tips
- Shopping list essentials
- Recipe variation ideas
- Helpful serving suggestions

#### Supper Club ideas:

1. Choose a health topic and have a local professional come and address the group on a topic of interest to the participants (heart health, osteoporosis, dental care, diabetes, etc.).
2. Have participants bring their favorite recipes and discuss how to improve them.
3. Have a theme based on meal types: breakfast ideas, Mexican cooking, eating healthfully away from home, special occasions, picnics, etc.
4. Have participants choose goals for the month and keep track of progress: walking so much a day; drinking more water; eating more vegetables, etc.
5. Present one of the health topics in the Guilt-free Gourmet and initiate discussion on practical ways to implement suggestions.
6. Have participants choose a recipe from the Guilt-free Gourmet cookbook or some other cookbook you recommend and make it to bring to the next Supper Club. Discuss results.
7. Present special nutrition and Lifestyle features focusing on fiber, healthful fats, or label-reading (encourage participants to bring food labels for discussion).
8. Organize an evening shopping trip to the local grocery or health food store to discover healthful and economical food choices.
9. Meet at a local restaurant that offers healthful menu options.
10. Discuss eating out options and traveling tips relating to food and exercise.